













BERGEN COUNTY NUTRITION PROGRAMS



Program Name:	Diabetes Nutrition Counseling
Agency/Institution:	The Diabetes Center at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	Meal planning and nutrition counseling for people with diabetes.
Services:	
Population served:	All
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	

Program Name	The Weigh to a Thinner You
Agency/Institution:	Pascack Valley Hospital - Cardiology Department
Address:	250 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-6000
Focus:	A complete program for moderate weight loss. Half of the class is devoted to exercise and physical activity. It combines all the essentials for sensible, successful weight loss and lifelong weight management.
Services:	
Population served:	Adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Hospital-based healthcare professionals staff the program. Registered Dietitians provide positive lifestyle behavior information and the latest nutrition information.

Program Name:	Herbal & Nutritional Consultations
Agency/Institution:	Complementary Medicine Center at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 594-4900
Focus:	Examination of food and supplement intake.
Services:	
Population served:	All
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Education is provided on nutritional and herbal supplements to benefit a person's health and lifestyle and complement their current diet.



Program Name:	HeartWise Dining Program
Agency/Institution:	Preventive Medicine Institute at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	A nutritional initiative developed for healthful and enjoyable eating away from home.
Services:	 
Population served:	All adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	None
Other information:	Program encourages local area restaurants to become members to provide healthy food choices to their customers.





Program Name:	Nutrition and Wellness
Agency/Institution:	Bergen County Division of Senior Services
Address:	One Bergen County Plaza Hackensack, NJ 07601
County:	Bergen
Phone:	(201) 336-7400
Focus:	Maintain and/or improve nutritional status of program participants through easy access to nutritious meals and education to empower participants to make better food choices.
Services:	      5
Population served:	Ages 60+ 
Funded by:	County, State and Federal
Fees & Charges:	None
Other information:	





Program Name:	Increase Physical Activity and Improve Nutrition Goal Team-Partnership for Community Health
Agency/Institution:	Bergen County Department of Health Services
Address:	327 East Ridgewood Ave., Paramus, NJ 07652
County:	Bergen
Phone:	(201) 634-2694
Focus:	To increase the time spent in physical activity and to improve nutrition of Bergen County residents.
Services:	 5
Population served:	 and all adults
Funded by:	State and County
Fees & Charges:	None
Other information:	-


BERGEN COUNTY





PHYSICAL ACTIVITY PROGRAMS

Program Name:	Senior Activity Centers
Agency/Institution:	Bergen County Division of Senior Services
Address:	One Bergen County Plaza Hackensack, NJ 07601
County:	Bergen
Phone:	(201) 336-7400
Focus:	Optimize health through improved nutrition and increased activity.
Services:	
Population served:	Ages 60+ 
Funded by:	Private contributions, Local, State & Federal
Fees & Charges:	None
Other information:	-

Program Name:	Fitness & Exercise Program at the Health Education Center at Pascack Valley Hospital
Agency/Institution:	Preventive Medicine Institute at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	Offers specially designed exercises classes safe for all ages and fitness levels.
Services:	 
Population served:	Adults  
Funded by:	Pascack Valley Hospital
Fees & Charges:	Varies by class
Other information:	Classes for all levels of fitness held mornings, afternoons, evenings & weekends. Classes led by certified fitness instructors.

Program Name:	Paramus Park Mall Walkers
Agency/Institution:	Community Outreach Center of Pascack Valley Hospital
Address:	100 Madison Avenue Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-0054
Focus:	An opportunity to walk within an enclosed mall and to get health & fitness information.
Services:	  
Population served:	Adults 
Funded by:	Pascack Valley Hospital
Fees & Charges:	None
Other information:	Membership is required, Paramus Park Mall is available to members before regular mall hours.

Program Name:	Weigh to a Thinner You
Agency/Institution:	Pascack Valley Hospital - Cardiology Dept.
Address:	250 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-6000
Focus:	A complete program for moderate weight loss. Devoted to exercise and physical activity and combines all the essentials for sensible, successful weight loss and lifelong weight management.
Services:	
Population served:	Adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Staffed by hospital-based healthcare professionals. Exercise Physiologists develop and monitor individual fitness plans.

Program Name:	Increase Physical Activity and Improve Nutrition Goal Team-Partnership for Community Health
Agency/Institution:	Bergen County Department of Health Services
Address:	327 East Ridgewood Ave., Paramus, NJ 07652
County:	Bergen
Phone:	(201) 634-2694
Focus:	To increase the time spent in physical activity and to improve nutrition of Bergen County residents.
Services:	  
Population served:	 and all adults
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	Specific cancer prevention focus